

GamechangHER

Unleash HER Potential in Life and Business

Ever-increasing demand and a survival mode approach day after day, have become the norm for many women. As a result, women can find themselves showing up at home and at work stressed and overwhelmed often compromising what really matters most.

At the end of her Game ChangHer experience, she will have a personal road map to future-proof herself to thrive, not just survive in the midst of life's challenges.

Experience Outcomes

- Future-proof her for the organizations's growth
- Connect her commitment to high performance
- Retain your Game ChangHER
- Invest in purpose-centered leadHERs

Audiences We Serve

- C-Suite
 - Sales & Marketing
 - Learning & Development
 - HR & Talent Management
 - High Potential Teams
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Equip and Empower HER to:

- Paint the future, leveraging clarity of purpose and values as her guide in order to courageously and consistently show up as her best self.
- Utilize sustainable tools and strategies to thrive during times of change and stress.
- Integrate work and life without sacrificing health and performance.
- Elevate skills and confidently step into critical conversations while strengthening relationships and building trust.
- Establish and acquire a professional network to champion possibilities for herself and others.
- Leverage tools that can be scaled to more broadly serve their organizations and accelerate their impact.

Why Women? Why Now?

- **One million women** are missing from the labor force compared to pre-pandemic
- **The "broken rung" is still holding women back**- for every 100 men promoted from entry-level to manager, only 87 women are promoted
- **43% of female leaders are burned out** as compared to 37% of male leaders
- **Two-thirds of women under 30** say they would be more interested in advancing if they saw senior leaders with the work-life balance they want.

– Women in the Workplace 2022 Report

Sample Agenda

DAY 1

Introduction & Objectives

- Introduction
- Objectives
- Rules of Engagement

Identity Exploration

- What makes you, you?
- What are the experiences in your life that have shaped who you are?

GamechangHER Performance Drivers

- Purpose:
 - Define you at your best
 - Clarification of values
 - Craft your life's purpose
- Energy
 - Understanding the 5 dimensions of energy that drive performance
 - How to be resilient and grow in the face of stress, challenge and change
- Tools & Strategies for Growth
 - Redefining and embracing "stress"
 - Strategic recovery for sustainable high performance
 - Bringing purpose to life day to day

DAY 2

Bringing Purpose to Work

- Clarify your vision at work in a vision statement

Vision Toolkit

- What's your current reality? What do you want it to be? (desired state)
- Headwinds - what could hold you back?
- Tailwinds - what could support your success?
- Network analysis - who will strongly influence the success of your Vision?
- Team needs analysis - identify what is needed to drive success
- Potential next steps - brainstorm action steps
- Decision matrix - strategically plan your approach to vision success
- Taking action - establish initial action items for a strong start

Vision Accelerators

- Your GamechangHER mindset - overcoming personal barriers
- Strengthening your network and connections with HEART
- Communicating and negotiating with confidence
- Giving feedback